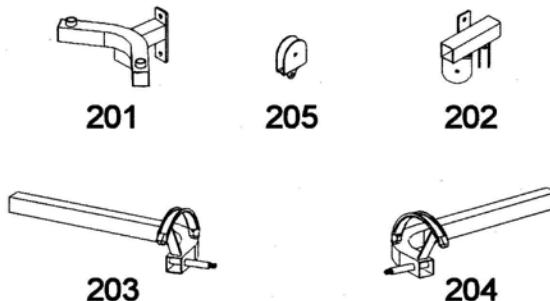




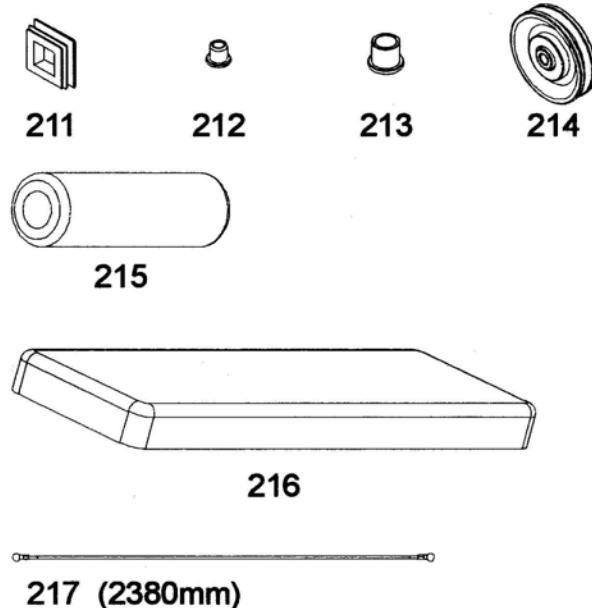
ASSEMBLY INSTRUCTION MANUAL MODEL: F412 PEC DEC ATTACHMENT

PARTS CHART

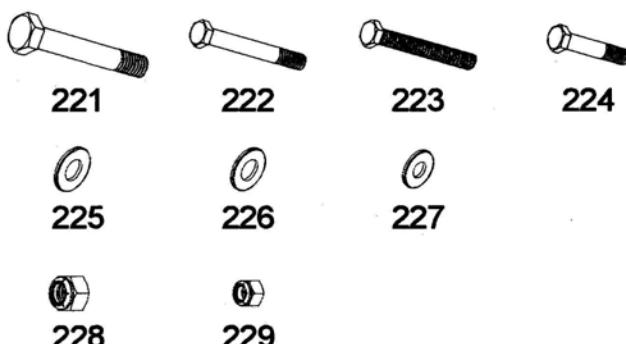
NO.	DESCRIPTION	QTY.
201	PEC DEC SUPPORT	1
202	PEC DEC PULLEY FRAME	1
203	LEFT PEC DEC ARM	1
204	RIGHT PEC DEC ARM	1
205	SINGLE PULLEY BRACKET	1



NO.	DESCRIPTION	QTY.
211	50 SQ. END PLUG	8
212	3/8" BUSHING	2
213	3/4" METAL BUSHING	4
214	PULLEY	3
215	FOAM PAD	2
216	BACK PAD	1
217	PEC DEC CABLE	1

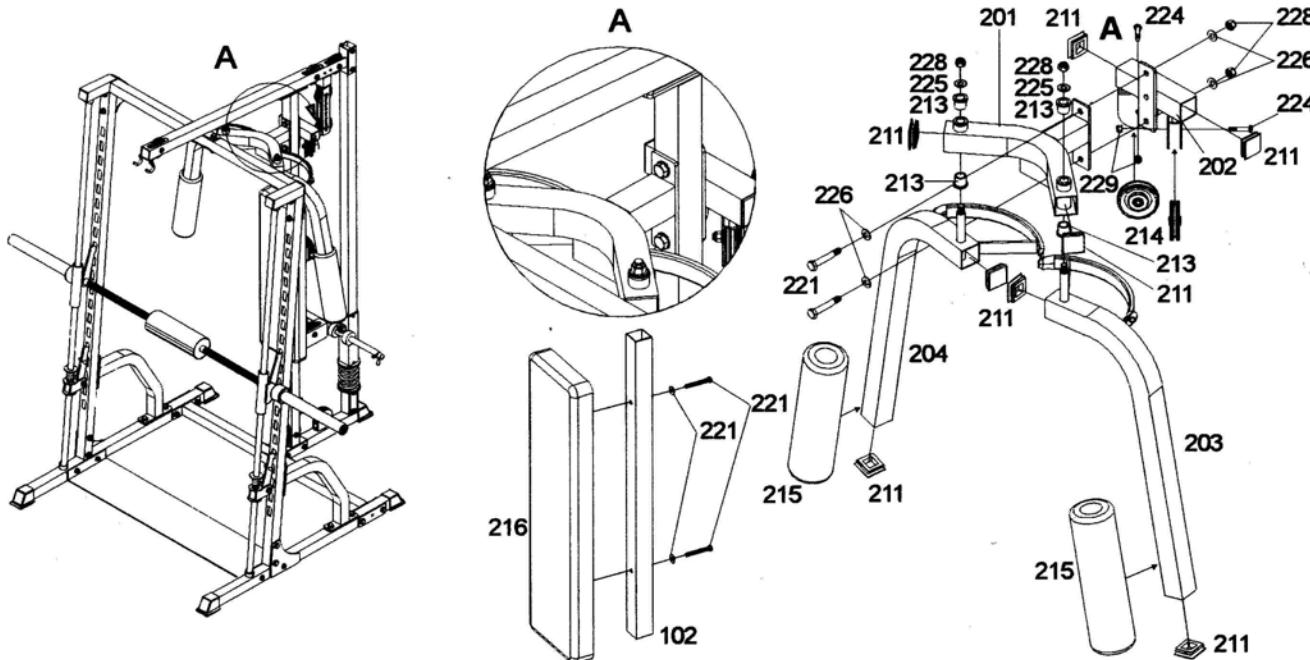


NO.	DESCRIPTION	QTY.
221	1/2" X 3-1/8" HEX HEAD BOLT	2
222	3/8" X 2-3/4" HEX HEAD BOLT	1
223	3/8" X 2-3/4" HEX HEAD BOLT	2
224	3/8" X 1-3/4" HEX HEAD BOLT	3
225	1/2" WASHER	2
226	1/2" WASHER	4
227	3/8" WASHER	4
228	1/2" NYLON NUT	4
229	3/8" NYLON NUT	4



A: ASSEMBLY INSTRUCTION OF PEC DEC ATTACHMENT

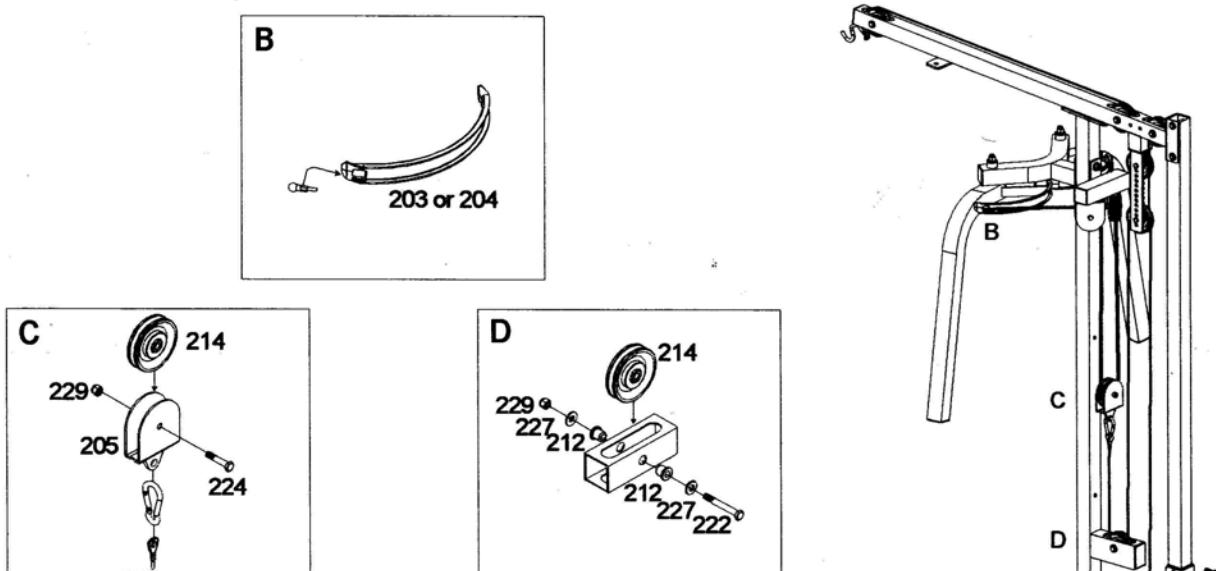
1. Attach Pec Dec Support(201) and Pec Dec Pulley Frame(202) to Front Upright(101) using two Bolts(221), four Washers(226) and two Nuts(228).
2. Insert four 3/4" Metal Bushing(213) into Pec Dec Support(201). Insert Right Pec Dec Arm(204) through the hole on Pec Dec Support(201), tighten Bolt(228) and Washer(225) and back off approximately 1/2 turn so that arm moves freely. Repeat the same process to Left Pec Dec Arm(203).
3. Attach End Cap(211) onto the Pec Dec Support(201) and both Pec Dec Arm(204).
4. Wet the Foam Pad(215) and slide onto both Pec Dec Arm(203, 204).
5. Attach Back Pad(216) on Front Upright(102), using two Bolts(221) and Washers(226).



B: CABLE ASSEMBLY OF PEC DEC ATTACHMENT

Assemble cables and pulleys simultaneously.

1. Unhook the terminal end of Low Cable(137) and hook on the single Pulley Bracket(205). As shown Fig C
2. Insert the Pec Dec Cable(217) through the Single Pulley Bracket(205), over the pulley on Pec Dec Pulley Frame(202) and attach steel ball end on cam of both Pec Dec Arm. As shown Fig B.



Thank you for purchasing the Bodycraft Smith Attachment Strength Training System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556.